

2023 Live Healthy Iowa 5K - Bondurant

Place	First Name	Participant Last Name	City	Age Group	Finishing Time
1	Tyson	Wieland	Des Moines	Male 19 - 29	15:58
2	Keisha	Hoeksema	Bondurant	Female 30 - 39	19:05
3	Derek	Smith	Bondurant	Male 30 - 42	21:37
4	Greg	Cregeen	Colo	Male 30 - 39	21:57
5	Jon	Erdahl	Ankeny	Male 30 - 39	22:22
6	Trinity	Klingensmith	Ankeny	Female 18 & Under	22:38
7	Andy	Ray	Bondurant	Male 40 - 49	23:27
8	CASEY	SHOWALTER	Altoona	Male 60 & Up	24:47:00
9	Lane	Robinson	Bondurant	Male 18 & Under	25:06:00
10	Abby	Johnson	Ankeny	Female 30 - 41	25:03:00
11	Gavin	Swartz	Altoona	Male 19 - 29	25:34:00
12	Drew	Kehoe	Norwalk	Male 18 & Under	25:52:00
13	Shelby	Johnson-Stenger	Bondurant	Female 19 - 29	26:03:00
14	Katie	Gonzalez	Bondurant	Female 30 -39	26:18:00
15	Cindy	DePrenger	Pella	Female 60 & Up	26:05:00
16	Jenevieve	Kuriki	Des Moines	Female 18 & Under	26:53:00
17	Dawn	Atwood	Colfax	Female 40 - 49	27:03:00
18	Hans	Hoeksema	Bondurant	Male 30 - 39	27:17:00
19	Lucas	Brandt	Granger	Male 18 & Under	27:38:00
20	Adam	Draayer	Des Moines	Male 30 - 39	28:22:00
21	Roman	Keahna-Harris	Ankeny	Male 19 - 29	28:28:00
22	Jeffrey	Bush	Bondurant	Male 40 - 49	28:45:00
23	Sarah	Bush	Bondurant	Female 18 & Under	28:45:00
24	Amy	Robinson	Bondurant	Female 40 - 49	28:51:00
25	Ayla	Gonzalez	Bondurant	Female 18 & Under	29:16:00
26	Matthew	Watson	Bondurant	Male 30 - 39	29:23:00
27	Tessa	Cantonwine	Urbandale	Female 30 - 39	29:55:00
28	Dave	Swenson	Ames	Male 60 & Up	30:27:00
29	Kary	Austin	Grimes	Female 60 & Up	30:58:00
30	Chloe	Gonzalez	Bondurant	Female 18 & Under	31:08:00
31	Trista	Weaver	Pleasant Hill	Female 18 & Under	31:09:00
32	PAM	HINSHAW	KELLOGG	Female 60 & Up	31:17:00
33	David	Funk	Bondurant	Male 30 - 39	32:05:00
34	Megan	Funk	Bondurant	Female 30 - 39	32:08:00
35	Lisa	Selvadurai	Ankeny	Female 30 - 39	32:01:00
36	Ryan	Breckenridge	Des Moines	Male 40 - 49	33:11:00
37	Leah	Stephens	Des Moines	Female 30 - 39	33:11:00
38	John	Schmidt	Des Moines	Male 50 - 59	33:44:00
39	Theo	Draayer	Des Moines	Male 18 & Under	33:45:00
40	Thomas	Christensen	Ankeny	Male 30 - 39	33:54:00
41	Alexandria	Keahna-Harris	Ankeny	Female 19 - 29	34:53:00
42	Jeff	Watson	Indianola	Male 60 & Up	35:12:00
43	April	Nelson	New Virginia	Female 30 - 39	36:17:00
44	Charlotte	Beck	Ankeny	Female 50 - 59	36:24:00
45	Camie	Westlake	Altoona	Female 30 - 39	36:38:00

46	Mark	Stelmacher	West Des Moines	Male 60 & Up	37:09:00
47	John	Stelmacher	Des Moines	Male 30 - 39	37:01:00
48	Liesl	Eathington	Ames	Male 50 - 59	37:24:00
49	Lane	Johnson	Bondurant	Male 18 & Under	37:49:00
50	Maria	Valdez	Pleasant Hill	Female 40 - 49	38:05:00
51	Christine	Ohern	Altoona	Female 50 - 59	39:39:00
52	Cyndi	O'Rourke	Bondurant	Female 30 - 39	40:03:00
53	Travis	Fincham	Ankeny	Male 19 - 29	26:03:00
54	Bonnie	Johnson	Bondurant	Female 60 & Up	40:07:00
55	Nannette	George	Runnells	Female 60 & Up	40:46:00
56	Jean	Strottman	Bondurant	Female 40 - 49	41:13:00
57	Hope	Skeen	Ankeny	Female 19 - 29	41:16:00
58	Stacy	Storbeck	Ankeny	Female 30 - 39	41:19:00
59	Dawn	Mather	Madrid	Female 40 - 49	41:03:00
60	Nicole	Johnson	Bondurant	Female 40 - 49	41:32:00
61	Cadynce	Mather	Johnston	Female 19 - 29	41:32:00
62	Tiffany	Tran	Bondurant	Female 40 - 49	41:38:00
63	Mari	Yorton	Altoona	Female 40 - 49	42:15:00
64	Barb	Baker	Grinnell	Female 60 & Up	42:19:00
65	AJ	Bruns	BONDURANT	Female 30 - 39	42:23:00
66	Dani	Trammell	Bondurant	Female 40 - 49	43:35:00
67	Abby	Northrup	Waukee	Female 30 - 39	43:51:00
68	Trisha	Herr	Mingo	Female 40 - 49	44:31:00
69	Misty	Smith	Baster	Female 40 - 49	44:58:00
70	Jade	Kuriki	Des Moines	Female 19 - 29	45:36:00
71	Jiselle	Valdez	Des Moines	Female 18 & Under	45:04:00
72	Carol	Ossian	Huxley	Female 50 - 59	45:47:00
73	Mary	Lafferty	Des Moines	Female 50 - 59	45:55:00
74	Nicole	Kehoe	Norwalk	Female 40 - 49	48:12:00
75	Catherine	Noska	Solon	Female 50 - 59	48:24:00
76	April	Weaver	Pleasant Hill	Female 40 - 49	48:42:00
77	Tressa	Dare	Altoona	Female 30 - 39	49:18:00
78	Jill	Black	Bondurant	Female 30 - 39	50:39:00
79	Larry	Steffensmeier	Boone	Male 60 & Up	50:46:00
80	Carrie	Jones	Altoona	Female 40 - 49	50:53:00
81	Alexis	Wiltgen	Altoona	Female 30 - 39	50:55:00
82	Brenda	Sequoia	West Des Moines	Female 50 - 59	52:19:00
83	Kari	Brown	Des Moines	Female 50 - 59	52:19:00
84	Holly	Wilson	Altoona	Female 30 - 39	52:27:00
85	Carrie	Ratliff	Mingo	Female 40 - 49	53:23:00
86	Teresa	Celsi	West Des Moines	Female 50 - 59	53:36:00
87	Nicole	Shield	Altoona	Female 30 - 39	53:36:00
88	Tasha	Tucker	Bondurant	Female 30 - 39	54:45:00
89	Becka	Ober	Des Moines	Female 19 - 29	54:55:00
90	Jennifer	Keahna	Ankeny	Female 50 - 59	55:38:00
91	Sheri	Ober	Indianola	Female 50 - 59	55:42:00
92	Misty	Yeager	Altoona	Female 40 - 49	55:47:00

93	Betsy	Vaquerano	Des Moines	Female 30 - 41	55:05:00
94	Traci	Brunscheon	Ames	Female 40 - 49	55:56:00
95	Rachael	Smith	Des Moines	Female 30 - 39	56:02:00
96	Danielle	Gilbert	Bondurant	Female 30 - 39	56:48:00
97	Kelle	Uhlman	Carlisle	Female 30 - 39	57:52:00
98	Barb	Basch	Pleasant Hill	Female 50 - 59	57:56:00
99	Krystelle	Cortes-Ryan	Pleasant Hill	Female 40 - 49	58:00:00
100	Kathryn	Gilbert	Johnston	Female 40 - 49	58:51:00
101	Stephanie	Main	Grimes	Female 50 - 59	58:55:00
102	Lacy	Cook	West Des Moines	Female 30 - 39	58:58:00
103	Jessica	Main	Grimes	Female 19 - 29	58:58:00
104	Carrie	McComas	Ankeny	Female 19 - 29	59:27:00
105	Marsha	Glenn	Clive	Female 50 - 59	59:49:00
106	Matthew	Beminio-Mejia	West Des Moines	Male 19 - 29	59:53:00
107	Allen	McCallister	Des Moines	Male 60 & Up	1.01.40
108	Kimberly	McCallister	Ankeny	Female 30 - 39	1.01.44